*Title:*TheHolidays 2020: Navigating a Less Than Festive Season

*Description:*2020 has been hard—there are losses all around. Join us for a conversation on finding well-being inside a holiday season that can look pretty bleak.

*When:*Wednesday, December 16 from 6:30-7:30pm ET

*Moderator:* [Lindsey Whissel Fenton](https://radio.wpsu.org/people/lindsey-whissel-fenton), Senior Producer at WPSU Penn State

*Panelists:*

* [Megan Devine](https://refugeingrief.com/about/), psychotherapist, grief advocate, and author of *It’s OK that You’re Not OK*: *Meeting Grief and Loss in a Culture that Doesn’t Understand*
* [Jonathan Shepherd](http://www.drjonathanshepherd.com/), M.D., chief medical director with Hope Health Systems, Inc
* [Phuong Thao MacLeod](https://www.theuncagedpath.com/), embodiment coach

**Suggested Social Media Post:**

2020 has been hard—there are losses all around.

Join in a conversation on finding well-being inside a holiday season that can look pretty bleak. Moderated by @wpsu’s Lindsey Whissel Fenton, this Q&A will feature insight and ideas from psychotherapist, grief advocate, and author Megan Devine, psychiatrist and mental health advocate Jonathan Shepherd, M.D., and embodiment coach Phuong Thao MacLeod.

Whatever loss or stress you’re carrying, you’re welcome to be part of this conversation.

This event is brought to you by Speaking Grief, a multiplatform, public media initiative produced by @wpsu in collaboration with the New York Life Foundation.

Event link: https://www.facebook.com/events/1256449008062427/

#wpsugrief #nylfoundation #grief #griefandloss #mentalhealth #mentalhealthawareness #holidays2020 #mentalhealthmatters #wellbeing